

Health and Safety Tips



DO NOT give foods that can cause your baby to choke, like:

- Hot dogs or meat sticks
- Peanut butter
- Raw vegetables
- Hard raw fruit like apples
- Fish with bones
- Whole grapes
- Popcorn
- Hard candy
- Raisins
- Nuts
- Chips

Always sit with your baby and watch him as he feeds himself. He cannot make noise if he starts to choke.

Some foods could contain harmful bacteria and make your baby sick, like:

- Rare or raw meats
- Lunch or deli meats
- Unpasteurized fruit juice
- Honey and foods made with it. It can cause very serious, even deadly foodborne illness in babies less than 1 year of age.

These foods are more likely to cause allergic reactions. Wait until after your baby is one year of age to give them:

- Whole eggs or egg whites
- Cow's milk
- Shrimp and other shellfish
- Nuts and peanut butter

Mercury can harm your baby's nervous system. Mercury is found in some fish.

- DO NOT give your baby Shark, Swordfish, King Mackerel, or Tilefish.
- Limit other fish to two servings a week.



What about juice?

- Babies do not need fruit juice. Juice can cause gas and diarrhea.
- Fruit is a much better choice.
- Fruit has fiber, texture, and contains juice too.

If you give your baby juice:

- Do not give over 2 ounces a day.
- Mix one part juice with one part water.
- Give the juice in a cup, not a bottle.

Look for 100% juice. Do not give fruit drinks, soft drinks, or other sugary drinks to your baby.

What about water?

Your baby's water needs are usually met through the water in breast milk, infant formula, and other foods. Ask your baby's doctor if he recommends giving any additional water.

What else can I teach my baby?

- Continue to help your baby learn to drink from a cup.
- Your child counts on you for things like healthy teeth. Keeping a child on the bottle past 14 months of age can lead to major problems with tooth decay.
- Give your baby 1 to 2 ounces of breast milk or formula in a small cup without a lid. A cup with handles works well.
- Start by giving him a cup at lunch. Just keep trying the cup every day. After a few weeks, give him the cup at breakfast and then at dinner.
- Then one day, when he is about 11-12 months old, he will be off the bottle! You will be proud your child has switched to a cup. Being off the bottle means less worries about tooth decay.



Enjoy this special time!

It is amazing how quickly your baby grows, changes, and learns. Relax, and enjoy this special time with your baby. Give him time to enjoy the tastes of new fruits and vegetables, and other new foods. Soon your baby will turn 1 year old and begin the toddler years (1-2 years of age).



Here is a preview of some changes that usually occur around one year of age:

- Whole milk* replaces infant formula, little by little.
- If you are breastfeeding your baby, WIC encourages you to continue breastfeeding as long as you and your baby want.
- New foods can be added: cooked whole eggs or egg whites, peanut butter.*
- Offer 3 meals a day plus 2 to 3 snacks.
- If your baby is not weaned from the bottle,

make a plan to wean your baby before he turns 15 months of age.

*These foods are more likely to cause an allergic reaction. If there is a strong family history of allergy, ask your baby's doctor when to offer them. Give only one new food at a time. Wait 3 to 5 days before offering another new food. Peanut butter can cause choking so only offer it spread thinly on crackers or toast.

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